



# Garden Stir-Fry

**Makes:** 4 Servings

“This is my favorite recipe because it tastes great, and it is fun to make! My mom, sisters, and I grow all the vegetables in our garden,” says Kaitlyn. “We pick the vegetables in the morning, wash and cut them, and have them ready for our dad to stir-fry when he arrives home for lunch. We serve the recipe with cooked quinoa and a glass of soy milk.”

## Ingredients

**1/2 cup** low-sodium chicken broth

**1/2 tablespoon** cornstarch

**1 teaspoon** reduced-sodium, wheat-free soy sauce

**1 tablespoon** sesame oil

**2 cloves** garlic (minced)

**1 teaspoon** freshly grated ginger

**2 cups** chopped broccoli


**1 1/4 cups** chopped yellow squash

**1 1/4 cups** carrots (cut into matchsticks)

## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>100</b>
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	215 mg
Total Carbohydrate	15 g
Dietary Fiber	5 g
Total Sugars	8 g
Added Sugars included	0 g
<b>Protein</b>	<b>3 g</b>
Vitamin D	0 mcg
Calcium	73 mg
Iron	2 mg
Potassium	607 mg
N/A - data is not available	

## MyPlate Food Groups

 Vegetables	1 3/4 cups
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**1 1/4 cups** sugar snap peas

**1 cup** sliced onion

**1 cup** sliced red bell pepper

## Directions

1. In a medium bowl, whisk together the chicken broth, cornstarch, and soy sauce. Set aside.
2. In a wok or sauté pan over moderately high heat, warm the sesame oil.
3. Add the garlic and ginger and cook for 1 minute.
4. Add the broccoli, squash, carrots, sugar snap peas, onion, and bell pepper and cook until tender, 7 to 10 minutes.
5. Add the soy sauce mixture, reduce the heat to moderate, and continue cooking until the sauce is thickened.

## Notes

State: Minnesota

Child Name: Kaitlyn Kirchner, 9

**Source:** The Epicurious 2013 Healthy Lunchtime Challenge Cookbook